



Starfires Hot Ice Dance Team

12yrs -18yrs (6th through 12th grade)

This is an exciting chance to learn high spirited DANCE routines, while developing poise, coordination and showmanship. Learn motions, kicks, jumps, leaps, turns, tumbling, and a variety of dance styles to great music. This class is a chance to prepare for high school tryouts.

Thursdays, 6:15pm – 8:00pm

January 29 – June 11

Pay In Full Rate - \$105/\$115
(residents/non-res)

Payment Plan -

\$63/\$66 (residents/non-res) on
February 5 AND April 1

Starfires Extremes (Cheer Team)

8yrs – 18yrs (3rd through 12th grade)

This is an exciting chance to learn high spirited CHEER routines while developing poise coordination and showmanship. Learn Cheer motions, kicks, jumps, tumbling, chants, stunts, and fun cheer routines. This class is a chance to prepare for high school tryouts.

Saturdays, 11:00am - 12:45pm

January 31 – June 11

Pay In Full Rate - \$105/\$115
(residents/non-residents)

Payment Plan - \$63/\$66

(residents/non-residents) on
February 5 AND April 1



Youth Spring Soccer

Novice (6-7 yrs)

Rookie (8-9 yrs)

Junior (10-12 yrs)

Senior (13-16 yrs)

This program is for youth between ages six and 16 years old. Players learn the fundamentals including dribbling, passing, shooting and teamwork. Practices are either Mondays & Wednesdays, or Tuesdays & Thursdays. Games are during the week and on Saturdays. All practices and games will be held at Dixon Park. The age determination date will be May 15, 2015. **Registration begins January 6 for City residents and January 13 for Non-City residents. Deadline to register is February 12.** There is a \$10 late registration fee. SPECIAL REGISTRATION FORM REQUIRED. Location: Dixon Park

Mondays-Saturdays, March 9-May 9

Times Vary

\$25/\$50 (residents/non-residents)



Spring Lil' Kickers Soccer

4 yrs-5 yrs

Lil' Kickers is our introduction to soccer program for kids between ages four and five years old. The program meets for one hour over five Saturdays at Dixon Park.

Teams will practice for the first 30 minutes, and scrimmage for the last 30 minutes.

The program begins on March 21. No age waivers for Lil' Kickers Soccer allowed. The age determination date will be May 15, 2015. **Registration begins January 6 for City residents and January 13 for Non-City residents. Deadline to register is March 5.** There is a \$10 late registration fee. SPECIAL REGISTRATION FORM REQUIRED. Location: Dixon Park

Saturdays, March 21-April 25

(No meeting April 4)

Times Vary

\$20/\$40 (residents/non-residents)

Youth Baseball

T-Ball (6 yrs)

Coach Pitch (7-8 yrs)

Rookie (9-10 yrs)

Junior (11-12 yrs)

Do you have the next

Pujols, Jeter, Harper

or Ortiz? Watch your

children develop their

talents through our exciting league. Each

age division stresses skill development,

sportsmanship, and friendly competition.

The age determination date will be June 15.

Registration begins February 17 for City

residents and February 24 for Non-City

residents. Deadline to register is March 26.

There is a \$10 late registration fee. SPECIAL

REGISTRATION FORM REQUIRED. Location:

James Monroe High School

Mondays-Saturdays, April 27-June 13

Times Vary

\$25/\$50 (residents/non-residents)



Blastball

4 yrs-5yrs

The ideal entry level of play for kids who will go on to more advanced levels of baseball.

Blastball teaches the basics of T-ball and/

or the fundamentals of hitting, running, and

fielding while emphasizing teamwork and

sportsmanship. No age waivers for Blastball

will be allowed. **Registration begins February**

17 for City residents and February 24 for

Non-City residents. Deadline to register is

April 16. There is a \$10 late registration fee.

SPECIAL REGISTRATION FORM REQUIRED

Location: Sunshine Ballpark

Saturdays, May 2-June 6

(No meeting May 23)

Times Vary

\$20/\$40 (residents/non-residents)

Fred Alert

Get real-time updates regarding cancellations, emergencies, closings and other important information. When a cancellation happens, you'll be notified instantly through Fredericksburg Alert.

Sign up now @ www.FredericksburgAlert.com

Youth Field Hockey

Rookie (7-9 yrs)
Junior (10-11 yrs)
Senior (12-15 yrs)

Field Hockey has quickly become one of the fastest-growing sports programs in the area. Grab your stick and sign up before it's too late. Practices are either Mondays & Wednesdays, or Tuesdays & Thursdays. Games are during the week and on Saturdays. All practices and games will be held at Dixon Park. The age determination date will be May 15, 2015. **Registration begins January 6 for City residents and January 13 for Non-City residents. Deadline to register is February 12.** There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED.** Location: Dixon Park

Mondays-Saturdays, March 9-May 9

Times Vary- weekdays, evenings and Saturdays
\$25/\$50 (residents/non-residents)

Lil' Strikers Field Hockey

5yrs – 6yrs

Join this program that will introduce your child to Field Hockey and prepare them to our Field Hockey league. Register early to ensure your spot in this exciting program. No waivers for Lil' Strikers will be allowed. The age determination date will be May 15, 2015.

Registration begins January 6 for City residents and January 13 for Non-City residents. Deadline to register is March 5. There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED.** Location: Dixon Park

Saturdays, March 21-April 25

(No meeting April 4)

Times Vary

\$20/\$40 (residents/non-residents)

Youth Track & Field Meet

9yrs-14yrs

Come out and participate in this fun and FREE event! Show off your athleticism in running, throwing and

jumping events. Participants will compete in age groups according to their age on December 31, 2015. All participants must provide proof of age and pre-register to participate. **Registration begins February 17 for City residents and February 24 for Non-City residents. Deadline to register is April 9.** **SPECIAL REGISTRATION FORM REQUIRED.** Location: James Monroe High School

Saturday, April 25

9:00 am

FREE



Girls Volleyball Clinic

Volley Tots (6-9yrs)

Rookie (10-12yrs)

Junior (13-16yrs)

Have an interest in learning Volleyball? This clinic will teach the basic skills of Volleyball including passing, setting, serving and defensive techniques. Open to girls ages 6-16, all sessions will be held at the Fredericksburg Juniors Volleyball Club (FJVC) practice facility (1190 International Parkway, Fredericksburg, VA 22406). FJVC coaches and players will be instructing this clinic. **Registration begins January 20 for City residents and January 27 for Non-City residents. Deadline to register is March 5.** There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED.** Location: Fredericksburg Juniors Volleyball Club (1190 International Parkway, Fredericksburg, VA 22406)

Volley Tots

Mondays, 4:00pm-5:00pm

April 13-May 4

\$30/\$50 (residents/non-residents)

Rookie & Junior

Saturdays, 12:00pm-2:00pm

April 11-May 2

\$40/\$60 (residents/non-residents)

Fredericksburg Youth Running Club

9 yrs-14 yrs

Calling all runners! The Fredericksburg Youth Running Club (FYRC) aims to promote running and fitness to runners of all abilities and experiences. Participants will meet Saturday from 9-11 a.m. at James Monroe High School Track for practice and conditioning. Mock meets will be scheduled including running and field events. **Registration begins January 20 for City residents and January 27 for Non-City residents. Deadline to register is March 5.** There is a \$10 late registration fee. **SPECIAL REGISTRATION FORM REQUIRED.** Location: James Monroe High School

Saturdays, April 11- May 16

9:00am-11:00am

\$25/\$50 (residents/non-residents)



Sports

13



Sports

Girls Softball Clinic

7yrs- 15yrs

The Girls Softball Clinic serves as our introduction to Softball. Players will learn the basic fundamentals and skills including throwing, fielding, hitting, bunting and other techniques in a non-competitive environment. James Monroe High School Varsity Coach Dennis Brown will be instructing the clinic. **Registration begins February 17 for City residents and February 24 for Non-City residents. Deadline to register is April 9.** There is a \$10 late registration fee. **SPECIAL REGISTRATION REQUIRED.** Location: James Monroe High School

Saturdays, May 9-May 30

8:00am-11:00am

\$40/\$60 (residents/non-residents)

Beginning/Intermediate Tennis

11yrs – 18yrs

This course is for those learning the sport and teaches basic instruction. Proper tennis technique will be emphasized. Basic strokes including Forehand, Backhand, Volleys, Overheads and Serve will be mastered. This course will include the dynamic warm-up, quickness and agility movements; hand toss drills with corrections, racquet fed drills and minimal live ball drills. Location: Kenmore Tennis Courts

Mondays and Wednesdays,

7:00pm – 8:00pm

March 23 – April 30

May 4 – June 12

\$60 per session for one day only (residents/non-res)

\$100 per session for both days



10 and Under Tennis Beginning/Intermediate (Red Ball/Orange Ball)

0yrs – 10yrs

This course is for players who are learning the sport and need basic instruction. The national programming format for USTA will be utilized for this class. This will be a fun class with drills and games developed specifically for 10 and under development programs.

Location: Kenmore Tennis Courts

Mondays and Wednesdays, 6:00pm – 7:00pm

March 23 – April 30

May 4 – June 12

\$60 per session for one day only (residents/non-residents)

\$100 per session for both days

10 and Under Tennis Advanced (Orange Ball/Green Dot Ball)

0yrs – 10yrs

This course is for those players who have mastered the basic strokes, and are interested in playing at a higher level. The national programming format for USTA will be utilized for this class. This will be a fun class with drills and games developed specifically for 10 and under development programs. Class will include dynamic warm-ups, quickness and agility movements; high level drills and minimal match play.

Location: Kenmore Tennis Courts

Mondays and Wednesdays, 6:00pm – 7:00pm

March 23 – April 30

May 4 – June 12

\$60 per session for one day only (residents/non-residents)

\$100 per session for both days



10 and Under Tennis

0yrs – 10yrs

This course is for players who are learning the sport and need basic instruction. The national programming format for USTA will be utilized for this class. This will be a fun class with drills and games developed specifically for 10 and under development programs. Location: Kenmore Tennis Courts

Mondays and Wednesdays, 7:00pm – 8:00pm

March 23 – April 30

May 4 – June 12

\$60 per session for one day only (residents/non-residents)

\$100 per session for both days

Advanced Tennis

11yrs – 18yrs

This course is for players who have mastered the basic strokes and are interested in playing at a higher level. This class will include dynamic warm-ups, quickness and agility movements; high level tennis drills, and match play.

Location: Kenmore Tennis Courts

Mondays and Wednesdays, 7:00pm – 8:00pm

March 23 – April 30

May 4 – June 12

\$60 per session for one day only (residents/non-residents)

\$100 per session for both days

Youth Sports Fall 2014 Sponsors and Coaches

A huge thanks for our coaches, volunteers, players and parents who helped me our season successful. We look forward to working with you in season to come! Want to sponsor or coach a team? Contact Justin Bullock at 540-372-1086 x224

Sponsors

Fredericksburg Colts Youth Football
Boosters Club
Amy's Café
The Madison Salon and Color Studio
John Robb Custom Homes Inc.
Global Energy Services
International Auto Specialists
Gravatt Entertainment
Purvis Ford, Inc.
The Chimney Sweep
Vista Eye Specialists
Creative Interiors
Iron Pig Off Road
The Lamp 102.7
Papa John's
Insight Technology Group
M4M "Stick it to Cancer"
Ray's Siding
Caledon Coffee

**Would you like to coach, sponsor or
volunteer with our youth? Email us!**
Fredprpf@fredericksburgva.gov

Fred Alert

Get real-time updates regarding cancellations, emergencies, closings and other important information. When a cancellation happens, you'll be notified instantly through Fredericksburg Alert.

Sign up now @ www.FredericksburgAlert.com

Thank you Volunteers!

Coaches & Sponsors Fall 2014

AJ McClung	Matthew Denson
Alex Wright	Megan Lam
Amy LaFleur	Mike Ballhaus
Amy Smith	Mike Blashford
Andy Wolfenbarger	Mike Simpson
Angie Perry	Nate Robinson
Ashley Lam	Newell Jones
Ben Laake	Pamela Shea
BJ Poorbaugh	Raina Boyd
Brent Brady	Ralph Lewis
Brian Lenge	Rebecca Malin
Brooke Melville	Regina Baker
Catherine Deuell	Ric Rigual
Charles Willis	Richard Perez Jr.
Chris Lipinski	Romel Turner
Christina Brollini	Ron Tiberio
Cindy Stocks	Sara Wallace
Colleen West	Sean McAskill
Darren Billington	Shannon Layton
Dennandoe Thompson	Shawn Teague
Dewayne McOsker	Stephanie Trainor
Diane Bestick	Stephanie Wise
Donnie Seal	Tavis Peeks
Donya Johns	Tavon Washington
Doug Hancock	Taylor Mills
Edward Dillon	Thomas Hayden
Gary Whittington	Tim Bahre
Gilberto Baez	Tim Davis
Hamish Malin	Trevor Daniel
Harry Dreany	Tyler Morgan
Heather Holsinger	Velle Roberts
Heather Martens	Will Brewer
Israel Osorio	William Gravatt
Jack Johnson	Willis Twum
Jarrett Melville	
Jason Luck	
Jeff Bartlett	
Jennifer Gallaway	
Jesus Dominguez	
Julian Bumbrey	
Kelly Ulmer	
Ken Wallace	
Kevin McClelland	
Kurt Slocum	
Lindsay Briles	
Lisa Mills	
Lori Simms	
Maria Frain	
Mark Rieves	



Sports

15